

Guam Comprehensive Cancer  
Control Program  
Five Year Progress Report (2013-2017)



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## **INTRODUCTION**

Since the mid-1990's, medical professionals in the Pacific region have been aware of the increasing number of cancer-related deaths in the region. Data from the Guam Cancer Registry supports this observation: data from between 1998 and 2012 indicates that the number of cancer-related deaths and the number of new cases of cancer have been consistently rising over time on Guam.

From 2008 to 2012, lung and bronchus, prostate, colorectal, cervix, and breast cancer were the most commonly occurring cancers on Guam. The leading cause of cancer-related deaths on Guam during this same timeframe was lung and bronchus cancer, followed by liver, colon and rectum, prostate, breast cancer (female), and Leukemia.

Fortunately, many cancer risks can be prevented through targeted strategies, leading to reductions in cancer-related mortality and incidence rates. Avoiding tobacco, being physically active, adhering to a healthy diet, and routine screening for breast, cervical and colorectal cancer are just a few actions that individuals can take to reduce their risk of cancer.

## **PURPOSE**

The Guam Department of Public Health and Social Services' Guam Comprehensive Cancer Control Program (Cancer Program) and the Guam Comprehensive Cancer Control Coalition (Cancer Coalition) collaborated in numerous ways over the last five years to lower the incidence rates of cancer, to prevent the onset of cancer, and to spread cancer prevention messages on Guam. This report intends to summarize the work and accomplishments of the Cancer Program and the Cancer Coalition during their most recent 5-year grant cycle (2013-17). The work of the Cancer Program and the Cancer Coalition are frequently intertwined with each other, therefore this summary report will highlight the accomplishments of the Cancer Coalition as they pertain to the Coalition's Strategic Plan, as well as highlight the accomplishments of the Cancer Program. In total, the accomplishments present in this report will serve to demonstrate the collective efforts of the Cancer Program and the Cancer Coalition over the last five years to promote public health and cancer prevention on Guam.

## **METHODOLOGY**

This summary report was completed by conducting a review of numerous documents produced and supplied by the Cancer Program. As part of the review, 42 Cancer Program monthly reports completed between January 2013 and April 2017 were reviewed, as well as a total of 11 quarterly newsletters produced by the Cancer Program and the Cancer Coalition that reflected the time period of May 2013 to April 2017. Other documents associated with the Cancer Program and Cancer Coalition were also reviewed (Strategic Plan, evaluation reports). The review process was aimed at identifying accomplishments and successes that were either directly related to the objectives contained in the Strategic Plan, or were otherwise noteworthy.

Given the vast amount of information contained within the Cancer Program's documents, the inclusive and wide-ranging work involving many community partners over several years, it is likely that some successes or achievements have not been fully conveyed or described within this report. The review process was limited to a defined set of program documents provided by the Cancer Program. While limiting the review to specific



documentation may have resulted in under-representation of certain accomplishments over the five-year grant cycle, the Cancer Program completed very detailed reports; setting parameters on what documents qualified for the review also provided supported a systematic review process. The Cancer Program and the Cancer Coalition engaged in many activities since 2013, some of which did not directly pertain to the objectives set forth in the Strategic Plan. Efforts were made to ensure that major events and successes have been included in this report. However, some activities and events were purposely omitted from this report if they did not clearly align with the strategic objectives or cancer prevention.

Many Cancer Program partners and Cancer Coalition members have been involved in cancer prevention-related work that pertains to their own organization. The scope of this report is limited to reporting the successes and accomplishments of the Cancer Coalition as it pertains to achieving their strategic objectives, as well as the Cancer Program. This report is not intended to be a full accounting of all of the activities on Guam relating to cancer prevention. Lastly, this report is meant to augment the Cancer Program's Evaluation Reports and the Strategic Plans and is not intended to fully report on evaluation results or fully present all elements of the Strategic Plan.

## **GUAM CANCER PROGRAM AND CANCER COALITION BACKGROUND**

In January 2003, a needs assessment focused explicitly on cancer on Guam was conducted by Family Medicine residents and faculty physicians from the University of Hawaii, Department of Family Medicine and Community Health. The assessment identified five priority areas: increase the capacity of DPHSS cancer prevention and control staff; increase public awareness of cancer risk factors through public education; expand the capacity of the Guam Cancer Registry; establish a Cancer Prevention and Control Program to coordinate control activities for cancer, other than breast and cervical; and improve early detection and screening for priority cancers.

In June 2004, the University of Hawaii received a National Comprehensive Cancer Control Planning grant on behalf of 5 of the 6 USAPI (including Guam) from the U.S. Centers for Disease Control and Prevention, Division of Cancer Prevention and Control. The grant provided funding for the Guam Department of Public Health and Social Services (DPHSS) Guam Comprehensive Cancer Control Program (Cancer Program), which ultimately contributed to the formation of the Guam Comprehensive Cancer Control Coalition (Cancer Coalition). The Cancer Program and the Cancer Coalition jointly implemented Guam's first Comprehensive Cancer Control Plan between 2007-2012. The Cancer Coalition was (and still is) comprised of representatives from key public, private, and non-profit stakeholders in the cancer network on Guam.

In 2012, Guam DPHSS was awarded a new five-year grant to continue to fund the Cancer Program and the Cancer Coalition, upon which a new five-year Strategic Plan was created. The Comprehensive Cancer Control Strategic Plan for 2013-2017 contained five broad priority areas and contained 24 unique strategic objectives. Between late 2013 and mid-2017, the Cancer Program and the Cancer Coalition proceeded to implement strategies in the community, largely in accordance with the objectives set forth in the Strategic Plan. The Cancer Coalition formed an Action Team around each of the five priority areas to specifically address the objectives associated with each priority area. Each of the five priority areas, action team goals for each priority area, and all associated strategic objectives are listed in the table below.

**Table. Cancer Program and Cancer Coalition Priority Areas, Goals, and Objectives.**

<b>Prevention: Prevent and reduce exposure to cancer risk factors.</b>
1.1 By June 2017, increase the percentage of women aged 40 and over who have had a mammogram within the past two years from 64.4% to 69.4%.
1.2 By June 2017, increase the percentage of women aged 18 and over who have had a Pap test within the past three years from 63.5% to 68.5%.
1.3 By June 2017, increase the percentage of adults aged 50 and over who have ever had a sigmoidoscopy or colonoscopy from 42.6% to 47.6%.
1.4 By June 2017, implement the cancer prevention curriculum program (Kids for the Cure Project), utilizing the St. Jude Research Hospital's Cure4Kids for Kids curriculum in 10 local elementary schools.
1.5 By June 2017, in collaboration with the NCD Physical Activity Group, increase the percentage of middle school students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days from 37% to 42%.
1.6 By June 2017, in collaboration with the NCD Physical Activity Group, increase the percentage of high school students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days from 37% to 42%.
1.7 By June 2017, in collaboration with the NCD Physical Activity Group, increase the percentage of neighborhood and school playground access to 50%.
<b>Screening, Early Detection and Treatment: Detect all cancers at the earliest stage.</b>
2.1 By December 2015, increase the percentage of health care providers using the U.S. Preventive Services Task Force standardized minimum screening guidelines to 60%.
2.2 By June 2017, increase the percentage of adults aged 50 and over who have ever had a sigmoidoscopy or colonoscopy from 42.6% to 47.6%.
2.3 By June 2017, increase the percentage of adults aged 50 and over who have had a blood stool test within the past two years from 7.7% to 12.7%.
2.4 By June 2017, increase the percentage of women aged 40 and over who have had a mammogram within the past two years from 64.4% to 69.4%.
2.5 By June 2017, increase the percentage of women aged 18 and over who have had a Pap test within the past three years from 63.5% to 68.5%.
2.6 By December 2015, increase the % of health care providers' use of the U.S. Preventive Services Task Force standardized minimum screening guidelines to 60% by recommending appropriate organization to require at least 1 contact hour (CME/CEU) of cancer guideline training to medical professionals.
<b>Survivorship: Enhance the quality of life for cancer survivors and their families.</b>
3.1 By June 2017, increase the number of cancer education activities on Hospice Care, Caregiver Support, Communication with Doctors, Spirituality and Religion and Doctor Education from 0 to 4.
3.2 By June 2017, increase the number of Hope Project products (book, video, and website) to 3.
3.3 By May 2015, advocate to Guam's health professional licensing board to require a minimum number of hours of continuing education for doctors and nurses in palliative care for licensing/ licensing renewal.

**Table. Cancer Program and Cancer Coalition Priority Areas, Goals, and Objectives (continued).**

<b>Policy &amp; Advocacy: Advocate for social and environmental policies that are conducive to adopting healthy lifestyles for a better quality of life.</b>
4.1 By June 2014, formalize and strengthen Policy and Advocacy Action Team (PANDA) structures by increasing the number of operating guidelines from 0 to 3.
4.2 By June 2017, engage and support the GCCC Coalition and NCD Consortium by maintaining the number of PSE activities to 4 per project year.
4.3 By June 2017, increase the number of stakeholders from diverse sectors that serve as NCD policy advocates from 6 to 8.
<b>Data and Research: 1) Improve the collection and dissemination of quality, cancer-related data for Guam; and 2) Support the Coalition in evaluating the effectiveness of identified activities.</b>
5.1 By June 29, 2014, produce a report on Cancer Survival Rates for Guam.
5.2 By June 29, 2014, produce a report on the Economic Costs of Cancer for Guam.
5.3 By June 29, 2015, produce an updated Guam Facts & Figures Report incorporating data from 2008-2012.
5.4 By June 29, 2015, respond to an average of 3 requests for data and/or assistance from Coalition Action Teams.
5.5 By June 29, 2017, increase the number of active DRAT members from 5 to 10.
5.6 By June 29, 2017, create an Inventory of Cancer and health-related Data Sources in Guam, listing type of data collected, how often, etc. (Include local research, reports, agencies/work groups, surveys, etc.)
5.7 By December 31, 2014, produce a prioritized list of Guam Cancer Coalition activities and/or objectives to be evaluated.
5.8 By June 29, 2015, produce a “feedback” document to strengthen evaluation of Coalition activities/objectives for 5 Action Teams.

## **PRESENTATION OF RESULTS**

The summary report contains two discrete sections. The first portion of the report presents the accomplishments of the Cancer Coalition as they pertain to the strategic objectives that sought to impact cancer or cancer prevention in the community on Guam. Objectives that were focused on improving internal processes (e.g. increase Action Team membership) and objectives that were not started, are not addressed in this report (see the most recent Evaluation Report for details). Action teams that were primarily responsible for targeting the strategic objective are identified, as is the corresponding objective number. The second portion of the report presents the numerous successes of the Cancer Program that were achieved during the five-year grant period.

## **CANCER COALITION STRATEGIC OBJECTIVES AND ACCOMPLISHMENTS**

<b><u>Strategic Objective:</u></b>	<b><u>Action Team (Objective)</u></b>
Increase the percentage of women aged 40 and over who have had a mammogram within the past two years.	Prevention (1.1) Screening, Early Detection & Treatment (2.4)

Since 2013, there has been a lot of activity throughout the Guam community surrounding breast cancer awareness, prevention and survivorship. Quite a bit of the Cancer Program and the Coalition's efforts over the last five years was focused on breast cancer prevention, including the promotion of completing mammograms to screen for breast cancer. Each year the Cancer Program and the Cancer Coalition organized and participated in events that helped to raise awareness and promote breast cancer prevention, which they did alongside many other healthcare providers, DPHSS and Government of Guam programs, and other community organizations.

Each fall, between 2013 and 2016, the Cancer Program and the Cancer Coalition participated in Breast Cancer Awareness Month (BCAM), which was celebrated island-wide on Guam. Numerous Government of Guam agencies, healthcare providers, businesses, and other community-based organizations participated in the annual celebration. Each year during BCAM, the Cancer Program and Cancer Coalition members participated in a Governor's Proclamation Signing, a wave event at the ITC Building Tamuning intersection, promoted the Strides For the Cure 2K/5K Run/Walk to support BCAM and raise money for Kids for the Cure Program, and promoted of Get Your Pink On/Think Pink events aimed at increasing breast cancer awareness. Each year the Cancer Program and the Cancer Coalition had a tabletop display or helped to coordinate a health fair during select BCAM events, as well as organized other events and classes (Mixed Fit, Body Combat, Zumba) with a BCAM theme.

Beyond BCAM, during the last five years the Cancer Program and the Cancer Coalition coordinated with partners to educate individuals in the community about breast cancer and the importance of mammograms. The Cancer Program attended health fairs, worksite wellness events, and conferences and trainings, and actively educated individuals at these events about breast cancer and mammograms; sometimes event attendees received general information about cancer, while at other times event attendees were explicitly educated about breast cancer and the importance of screening.

Other annual events, such as the American Cancer Society's Relay For Life also served to honor those that have experienced breast cancer and their families, and served to heighten awareness of breast cancer prevention. The Cancer Program and the Cancer Coalition have participated in the Relay For Life each year since 2013 and helped raise thousands of dollars in donations through their participation.

Throughout the last five years, the Screening, Early Detection and Treatment Action Team took the lead on promoting the use of the U.S. Preventive Services Task Force (USPSTF) screening guidelines among clinical healthcare providers. The USPSTF recommends a mammogram for women aged 50 to 74 years every two years. The Screening, Early Detection and Treatment Action Team to impact changes in clinical health care settings with healthcare providers, which served to augment the work done in the community to raise awareness among community members. Over 170 copies of the USPTF screening guidelines were distributed to at least 10 different primary care providers across the island, in addition to presentations conducted to at least of 6 different primary

care providers. Additionally, the Screening, Early Detection and Treatment Action Team helped to host the 2015 Cancer Education Conference. The conference was attended by more than 100 individuals and was aimed specifically at health professionals, clinic staff, students, and other community members interested in learning more about breast and cervical cancer prevention. During 2015 and 2016, several "It Is Time" town hall events (hosted by Guam Cancer Care, with participation by the Prevention Action Team) also took place in the community and addressed topics concerning breast cancer as well with hundreds of attendees.

The Cancer Program and the Cancer Coalition was also responsible for producing internal materials that served to bolster and support prevention efforts. The Guam Cancer Facts & Figures 2008-2012 booklet, produced by the Data and Research Action Team in 2015, contains recent data about breast cancer and mammogram rates on Guam. This specific data helps to validate the need for the Cancer Program and Cancer Coalition efforts, and served as a foundational component to outreach efforts in the community to medical providers, policy makers, and the general public.

The March 2016 edition of the Guam Comprehensive Cancer Control Newsletter (produced by the Cancer Program) featured a brief explanation of what a breast cancer test entails and eligibility guidelines for free tests offered by the Guam Breast & Cervical Cancer Early Detection Program. The newsletter is shared internally with Coalition members, but is also made available to the public at outreach and educational events, and social media. This is an example of the Cancer Program making efforts to inform their own Coalition members, and providing another avenue for informing the larger community.

The most recent data from the Behavioral Risk Factor Surveillance Survey (BRFSS) determined that the percentage of women 40 years and older that have had a mammogram within the last two years on Guam was 65.4% (2016). Although this objective was not met the Cancer Program, the Cancer Coalition, and the Guam community put in a tremendous amount of work and effort to increase the frequency of mammograms and raise awareness about breast cancer on Guam.



<b>Strategic Objective:</b>	<b>Action Team (Objective)</b>
Increase the percentage of women aged 18 and over who have had a Pap test within the past three years.	Prevention (1.2) Screening, Early Detection & Treatment (2.5)

Over the last five years, the Cancer Program and the Cancer Coalition prioritized prevention of cervical cancer and sought to increase awareness about women’s health issues, including the importance of completing a pap test to screen for cervical cancer. The Cancer Program addressed this topic by conducting educational outreach and manning table top displays at events in the community. The Cancer Program also worked with Cancer Coalition Action Teams to educate clinical providers, and performed outreach into the community with other partners such as with DPHSS’s Guam Breast and Cervical Cancer Early Detection Program.

The Cancer Program engaged in activities that sought to raise awareness and educate people about cervical cancer at both specific, targeted educational events and at community-wide events open to the general public. The Cancer Program staff and the Cancer Coalition members shared print materials and engaged event attendees at tabletop displays at such community events as the Be Smart Be Fit 2/5k walk/run, the Senior Citizens Month Health Fair and the Lion’s Club Health Fair. Staff and coalition members also coordinated and attended events specifically targeted at women, such as the Breastfeeding Health Fair and the Healthy Mothers Healthy Babies Health Fair.

The March 2016 edition of the Guam Comprehensive Cancer Control Newsletter (created by the Cancer Program) featured a brief explanation of what a pap test entails and detailed eligibility guidelines for free tests offered by the Guam Breast & Cervical Cancer Early Detection Program. The newsletter is shared internally with coalition members and is also made available to the public at outreach and educational events, and social media. This is another example of the effort that the Cancer Program made to both inform and educate both Cancer Coalition members and also the larger community.

The Cancer Program and the Cancer Coalition provided support and attended the Guam Breast and Cervical Cancer Early Detection Program’s Cervical Cancer Conference in January, 2017. There were 99 participants, including registered nurses, licensed practical nurses, medical assistants, and social workers. The conference was held during Cervical Cancer Awareness Month on Guam and endeavored to enhance the knowledge and understanding of cervical cancer data on Guam, screening, treatment, and sexual health after cancer. The Coalition’s Screening, Early Detection and Treatment Action Team also helped to host the 2015 Cancer Education Conference, which specifically addressed cervical and breast cancer prevention and was attended by more than 100 health professionals, clinic staff, students, and other community members.

The Screening, Early Detection and Treatment Action Team led the Coalition’s efforts to promote the use of the USPSTF screening guidelines among clinical healthcare providers on Guam over the last five years. The USPSTF recommends pap smear tests every three years for women between 21-65 years old (2012), and it was the Screening, Early Detection and Treatment Action Team that went into the community to promote adherence to this screening guideline among clinical providers on Guam. Over 170 copies of the guidelines were distributed to at least 10 different primary care providers across the island, in addition to the presentations that were conducted at six different primary care providers on Guam.

The most recent data from BRFFS determined that the percentage of women aged 21-61 who have had a pap test within the past three years on Guam was 65.7% (2016). Although the original strategic objective did not

precisely align with how BRFFS measured this health outcome in 2016, indications are that this objective was not met. Despite this, much effort was put forth to increase awareness and education about cervical cancer and the importance of regular pap tests to screen for cervical cancer. The Cancer Program, the Cancer Coalition, and Coalition Action Teams engaged the public, specifically targeted women, and also made strides in alerting health professionals and clinical practices about the importance of cervical cancer screenings.



<b>Strategic Objective:</b>	<b>Action Team (Objective)</b>
Increase the percentage of adults aged 50 and over who have ever had a sigmoidoscopy, colonoscopy, and a blood stool test within the past two years.	Prevention (1.3) Screening, Early Detection & Treatment (2.2 and 2.3)

Colorectal cancer prevention has been another priority area for the Cancer Program and the Cancer Coalition. Common colorectal cancer screening and detection methods include sigmoidoscopy, colonoscopy, and blood stool test. Since 2013, the Cancer Program conducted numerous educational outreach activities that sought to directly educate community members about colon cancer and the importance of colon cancer screenings. The Cancer Program engaged with individuals one-on-one and also supplied print materials at community events.

Efforts to promote colorectal cancer screenings in the community were backed up by data and information provided by the Coalition’s Data and Research Action Team. In 2015, the Data and Research Action Team completed the Guam Cancer Facts & Figures 2008-2012, which includes updated information about colon and rectum cancer on Guam. This data helped to validate the efforts of the Cancer Program and Cancer Coalition and served to inform education outreach activities in the community with healthcare providers, policy makers, and community members.

In 2016, the Cancer Program and the Cancer Coalition began to increase the number of activities specifically aimed at increasing colorectal cancer screening and prevention. In 2016, the Cancer Program and Cancer Coalition signed on to the national “80% by 2018” initiative to reduce Guam’s colorectal cancer rates. This led the Cancer Coalition to develop the draft Colorectal Cancer Strategic Plan.

The Cancer Program, the Coalition’s Screening, Early Detection and Treatment Action Team, and the Prevention Action Team began implementing components of this plan. For example, the team collaborated on the development of a colorectal cancer screening toolkit for primary care providers. As part of the process to develop the toolkit, information was gathered about colorectal screening practices on Guam for colonoscopies and sigmoidoscopies, and numerous healthcare providers were surveyed about adherence to current screening guidelines.

Moreover, several colorectal cancer-related activities occurred during Colorectal Cancer Awareness Month in March, 2016, including a Proclamation Signing with Mr. Vincent Leon Guerrero, Special Assistant to the Governor, and an “It’s Time” Town Hall meeting hosted by Guam Cancer Care in Mangilao that included discussion about colorectal cancer. More than 80 community members attended the town hall event.

The Cancer Program also made efforts to educate healthcare providers and encourage the use of colorectal cancer screening methods with their patients. In 2016, the Cancer Program hosted the Colorectal Cancer Education Conference in collaboration with several other partners. The goal of the conference was to increase knowledge and understanding of colorectal prevention and control among healthcare providers. Among the 140 conference attendees were registered nurses, licensed practical nurses, medical assistants, respiratory therapists, and social workers.

The Coalition’s Screening, Early Detection and Treatment Action Team promoted the use of USPSTF screening guidelines among clinical healthcare providers on Guam, which contains recommendations for colorectal cancer screening for individuals between 50 and 75 years old (2016). Over 170 copies of the guidelines were distributed



to at least 10 different primary care providers across the island in association with these efforts, in addition to the presentations that were given at six different primary care providers on Guam

The most recent data from BRFSS determined that among adults 50-75 years old on Guam, 2.5% reported having a sigmoidoscopy and 41% reported having a colonoscopy. The latest data from BRFSS indicated that 10.9% of adults 50-75 years old had a blood stool test in the last three years. Even though BRFSS' most recent method for measuring and reporting these outcomes no longer directly aligned with the strategic objective, indications are that the objectives were not met. Despite not achieving the objectives, rates of sigmoidoscopies, colonoscopies, and blood stool tests among older adults on Guam appear to be trending in a positive direction. The Cancer Program and the Cancer Coalition have been striving to educate the community at-large and healthcare providers on Guam about the importance of colorectal cancer screenings and preventative testing, and began to scale-up their efforts on this issue over the last 2-3 years. Continued effort in this area may eventually lead to even higher colorectal cancer screening rates, and decreases in colorectal cancer on Guam.



**Strategic Objective:****Action Team (Objective)**

Implement the Kids for the Cure cancer prevention curriculum program, utilizing the St. Jude Research Hospital's Cure4Kids curriculum in 10 local elementary schools.

Prevention (1.4)

The Kids for the Cure program (K4C) was launched by the Strides for the Cure in 2011, which was adapted and sustained by Guam Cancer Care in 2013.

The goal of the program was to educate youth about cancer and encouraging them to make positive and healthy lifestyle choices, so as to reduce their risks for cancer and other life threatening diseases. The program specifically targeted 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade students, and consisted of an in-class cancer curriculum and a physical fitness component facilitated by coaches from Custom Fitness.

In 2016-17, the K4C program was implemented in four public elementary schools and involved over 900 students. Since 2013, the K4C program was implemented in 18 elementary schools and reached more than 5,000 students.



**Strategic Objective:****Action Team (Objective)**

Increase the percentage of middle school students and the percentage of high school students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days. Prevention (1.5 and 1.6)

Over the last five years the Cancer Program and the Coalition's Prevention Action Team were actively involved in promoting physical activity as a means of reducing risks for developing cancer. The rationale was that youth that engages in regular physical activity would have greater protection from the development of chronic and non-communicable diseases associated with a lack of physical activity, thereby also reducing the risk of developing certain cancers. The Cancer Coalition's Prevention Action Team formally partnered with the Non-Communicable Disease (NCD) Consortium's Physical Activity Team and worked together to implement strategies aimed at increasing physical activity in the community.

Much of the efforts of the Cancer Program and the Cancer Coalition involved promoting physical activity generally to the larger community, or was aimed more specifically at elementary school age children and their families. Promotion and encouragement of increased physical activity took many forms over the last five years that included hosting a variety of events, promoting policy changes, and installing new infrastructure to promote physical activity for both youth and adults in the community. Below is a list of activities and strategies that the Cancer Program, and the Cancer Coalition (in partnership with the NCD Physical Activity Team) engaged in over the last five years to increase physical activity rates on Guam.

- One popular activity that was specifically aimed at both middle school and high school students on Guam was the 94 Feet of Game: Everything Inside the Lines Basketball Camp, held at the Okkodo High School Gym from July 30 to August 3, 2015. The event was co-sponsored by the NCD Physical Activity Team and was conducted by Phil Handy, the Director of Player Development for the National Basketball Association's Cleveland Cavaliers. The program also involved two NBA players, J.R. Smith and Gerald Green. More than 260 youth ages 11- 18 years old participated.
- The Cancer Program and NCD Physical Activity Team organized and implemented a series of free disc golf clinics that was open to all ages, and hosted by an expert that was brought specially to Guam to host the clinics. (2013)
- The Cancer Program, NCD Physical Activity Team, and other partners, installed a 5- course exercise station at the Paseo Stadium in Agana and at the Northern Sports Complex in Dededo. (2014)
- The NCD Consortium, in partnership with the Cancer Program, Guam Cycling Federation, and I Bike, gave away 35 free bicycles, including a great many children's bicycles through the Bicycle Giveaway Program; facilitated the Guam Safe Cycling Initiative, that resulted in the painting of 85 new sharrows on the road from the Micronesia Mall to the Arch Bishop Flores Loop; and the installation of new bicycle safety signs along roadways to alert drivers to share the road with cyclists. (2014)
- The NCD Physical Activity Team, Cancer Coalition Prevention Action Team, Cancer Program, and other collaborators participated in the Safe Paths to School Project by assisting with clean-up efforts of derelict parks in Ligan, Dededo. The aim of these activities was to both clean and revitalize local parks, while also making them safe for children and families to use. (2013)

- The Cancer Program, NCD Physical Activity Team, and Cancer Coalition Prevention Action Team collaborated with Island Girl Power and the Ayuda Foundation to implement the Family Fitness and Obesity Prevention Program. This 5-week program (one session per week) included discussions on physical activity, nutrition, and other health and wellness topics; the program also contained a physical activity component (baseball, walking, and other exercises). There were 15-20 participants each session, between the ages of 8 and 54 years old. Participants stated that they learned about cancer, smoking, staying fit, eating healthy, and exercising. (2015)
- The Cancer Program, in collaboration with other partners, supported the Governor's Council on Physical Fitness and Sports by assisting with the implementation of the Association for International Sports for All (TAFISA), Certified Leadership Course in Sport for All Training. The training was aimed at building capacity on Guam for a Sports for All Movement, by providing participants the opportunity to learn about leadership, sportsmanship, and communication skills. More than 50 local, regional, and international participants participated in the training. (2014)
- With the support from the NCD Consortium, NCD Physical Activity Team, Cancer Coalition Prevention Action Team, the Cancer Program, and the Cancer Coalition's Policy and Advocacy Action Team, the Guam Legislature passed Bill 1 (7-S) in 2014 which provided the NCD Consortium with \$1.0 million in funding. Included within this funding was \$300,000 specifically for the Guam NCD Physical Activity Team to be used to decrease obesity on Guam. This led to the development and implementation of the Early Start, Fit For Life (ESFL) Initiative, a multicomponent program primarily aimed at promoting physical activity among youth on Guam. Since early 2015, the Cancer Program has been collaborating with the NCD Physical Activity Team, the Guam Department of Education, Special Olympics Guam, and other partners to implement the ESFL Program and all of its components. (2014-2017)

The Cancer Program and the Cancer Coalition had two separate strategic objectives that sought to increase regular physical activity by both middle school age youth and high school age youth. The Youth Risk Behavior Surveillance System reported that 43.9% of middle school age youth on Guam reported being active for more than 60 minutes on five or more days per week, while that number fell to 38.8% for high school age youth. While the Cancer Program and the Cancer Coalition successfully achieved their objective to raise middle school physical activity rates, the strategic objective was not met for high school age youth. Despite the mixed outcomes, the Cancer Program, the Cancer Coalition, and partners organizations completed a great deal of work over the last five years aimed at increasing physical activity rates on Guam. It should be noted that this summary likely under-reports some of the successes in this area from the last five years, due to all the cross-collaboration that occurred.



**Strategic Objective:****Action Team (Objective)**

Increase the percentage of health care providers using the U.S. Preventive Services Task Force standardized minimum screening guidelines

Screening, Early Detection & Treatment (2.1)

The Cancer Program and the Coalition’s Screening, Early Detection and Treatment Action Team led efforts, in collaboration with the Policy and Advocacy and Prevention Action Teams, to promote the use of the 2012 USPSTF screening guidelines. The USPSTF guidelines include several specific recommendations regarding screening for cancer, including breast, cervical, and colorectal cancer. Adhering to the guidelines is ultimately expected to contribute to the early detection and prevention of cancer. The Cancer Program and the Action Teams engaged in numerous activities over the last five years to increase awareness and adherence to the guidelines on Guam.

In late 2013 and early 2014, the Screening, Early Detection and Treatment Action Team developed and administered a survey to ten targeted clinical healthcare providers on Guam in order to assess their use and adherence to USPSTF guidelines. This information helped to establish a baseline understanding of what the needs were within the community.

The Cancer Program and Action Teams promoted the use of the USPSTF guidelines by engaging directly with clinical healthcare providers on Guam. Between November 2013 and November 2014, more than 170 copies of the USPSTF Pocket Guide were distributed to 12 targeted local health care providers on Guam. The Cancer Program and the Screening, Early Detection and Treatment Action Team also worked together to create a cancer prevention presentation, which was delivered to healthcare providers with the aim of encouraging use and adherence to the screening guidelines. Throughout 2014, presentations on the guidelines were given to healthcare providers from five different sites: FHP Health Center, Guam DPHSS, The Doctors Clinic, Health Partners, LLC., and Seventh Day Adventist Clinic. The team also presented to the Guam Medical Society in one of their monthly meetings.

By late 2014, 100.0% of medical doctors randomly surveyed stated that their facility utilized the USPSTF recommended breast, cervical and colorectal cancer screening guidelines. Efforts to explicitly promote the use of the USPSTF guidelines occurred more frequently in the first half of the grant cycle, however, the Cancer Program and Cancer Coalition continued to promote cancer screening through other means. Many of the activities that the Cancer Program and Cancer Coalition engaged in to encourage mammograms, pap tests, colonoscopies aligned with the USPSTF guidelines. For example, the “80% by 2018” colorectal cancer screening initiative and the colorectal cancer toolkit utilized proven cancer screening techniques, such as those recommended by the USPSTF. Overall, the Cancer Program and the Cancer Coalition did a great deal of work to promote the use of the USPSTF cancer screening guidelines among healthcare providers and to educate the public on the importance of cancer screenings.

**Strategic Objective:****Action Team (Objective)**

Engage in cancer education activities related to cancer survivorship, including hospice care, caregiver support, communication with doctors, spirituality and religion, and doctor education. Survivorship (3.1)

The Coalition's Survivorship and Quality of Life Action Team led efforts over the last five years to raise awareness and educate community members, cancer survivors, healthcare providers, and other partners about cancer survivorship issues. The Survivorship and Quality of Life Action Team also took time to celebrate and honor cancer survivors. Supporting quality of life matters for cancer survivors is an important aspect of the Cancer Program and Cancer Coalition's work, and is an important aspect of the continuum of services pertaining to cancer and cancer prevention.

The following are strategies and activities that were implemented during the last five years that the Cancer Program, the Cancer Coalition, the Survivorship and Quality of Life Action Team worked on alongside numerous community partners to address cancer survivorship and quality of life topic areas:

- In 2013, the annual "Celebrate Life!" Cancer Survivors' Conference offered participants the opportunity to learn about advanced healthcare directives, family roles and dynamics, spirituality, stress management and self-care, and financial management; over 100 individuals attended the event, including cancer survivors, family members, and caregivers.
- In 2014, a three-day "Palliative Care Training For Caregiver" was held to offer education and provide resources for lay caregivers; 165 individuals attended over the three-day training.
- In 2014, the annual "Celebrate Life!" Cancer Survivors' Conference offered participants the opportunity to learn about innovative cancer treatments, the impacts of stress on self-care, relationship challenges between cancer survivors and loved ones, as well as hear about first hand experiences surviving cancer; over 100 individuals attended the event, including cancer survivors, caregivers, and family members.
- In 2014, "The Cancer Case Management, Hospice and Palliative Care Conference" included presentations about case management topics, palliative care, symptom management in cancer patients, pain management and end of life care, and hospice care; over 70 individuals attended the event, including patients, caregivers, and healthcare professionals.
- In 2015, the annual "Celebrate Life!" Cancer Survivors' Conference offered participants the opportunity to view the Survivorship and Quality of Life Action Team's Project Hope video for the first time. The conference included topics on mind, body, and spirit wellness. Nearly 100 cancer survivors and their caregivers attended.
- In 2015, a two-part Palliative Care Conference was held. The first session was specifically aimed at educating medical professionals and social workers about palliative care, effective communication skills with patients and families; a panel of medical professionals discussed their own experiences with end of life communication. The second session was designed to introduce and educate caregivers, social workers, and the general public about palliative care, and provide planning tips and community resources. A total of 90 individuals attended session one, and over 100 individuals attended session two.

- In 2016, the annual “Celebrate Life!” Cancer Survivors’ Conference offered participants the opportunity to participate in several discussions about survivorship and interactive activities that included art therapy, nutrition, Zumba, and stretching. Over 100 cancer survivors, family members, and caregivers attended the event, which was also streamed live via Facebook.



**Strategic Objective:**

Develop the Hope Project and create different types of products that can be shared with the Guam community.

**Action Team (Objective)**

Survivorship (3.2)

The Hope Project is a project that began in 2013, and has been led by the Survivorship and Quality of Life Action Team. The goal of the project was to capture and share the stories of individuals that have survived cancer, so as to inspire hope and to increase awareness of survivorship issues on Guam. The project was meant to tell the stories of cancer survivors in an uplifting and inspiring way, and it was the intent of the Action Team to share these stories using different means: a video, a written book, and a website. The project also sought to help raise awareness of the importance of screening for cancer and to advocate for cancer prevention activities in the community.

The Survivorship and Quality of Life Action Team took the lead in developing the video over nearly two years. In June, 2015 the Hope Project video was unveiled at the Annual Celebrate Life! Cancer Survivors Conference, which was attended by approximately 100 people and included cancer survivors and their caregivers. The final video is 40 minutes in length and features the stories of seven cancer survivors from Guam, and also one family member and one survivor's caregiver. The featured participants in the video also participated in a panel discussion at the Celebrate Life! Cancer Survivors Conference about their experience with cancer.



Hope Project (2015)

Once the video was completed, in 2016 the Survivorship and Quality of Life Action Team and the Cancer Program began to promote and share it across Guam. In addition to being aired at select Cancer Coalition events, the Hope Project video was aired on PBS Guam Channel 12 twice during January, and on KUAM Channels 2, 8, 11, and 17 throughout the month of May. Cancer Program staff and Action Team members promoted it on the radio on KPRG-FM in June, and at an in-studio TV interview for the KUAM Healthy Living Segment in January. Cancer Program staff and Action Team members also shared the video, both in DVD and digital format, with local healthcare providers with the intent of showing the video at their facilities. For example, the video was shared with the Guam Surgical Group who intended to show it in their waiting room. The video was posted on YouTube, and promoted through the Cancer Program and Cancer Coalition’s social media pages.



**Strategic Objective:**

Support the GCCC Coalition and NCD Consortium by regularly engaging in policy, systems, and environmental activities and strategies.

**Action Team (Objective)**

Policy and Advocacy (4.2)

The Cancer Program, Cancer Coalition, and more specifically the Policy and Advocacy Action Team engaged in numerous policy and systems-oriented activities over the last five years. In June 2013, the Coalition members participated in a policy, systems, and environmental (PSE) approaches workshop coordinated by the Cancer Program. The workshop provided Coalition members the opportunity to enhance their understanding of PSE approaches and build their own capacity to apply it to their work on cancer prevention and control, and meet this objective of maintaining PSE approaches throughout the course of the five year program plan.

Members of the Coalition's Policy and Advocacy Action Team actively followed local legislative activities and proposed bills, and kept the Cancer Program and the Cancer Coalition informed about relevant legislative activities and bills. The Policy and Advocacy Action Team periodically led efforts to meet with members of the Guam Legislature, and to advocate for the interests of the Cancer Coalition and the NCD Consortium. The Cancer Coalition wrote letters of support, attended public hearings, and created letters of support templates for coalition members throughout the last five years. The Cancer Program supported these efforts by conducting research and educating members on evidenced based information regarding components of a particular bill. Below is a list of specific cancer or health-related bills that the Cancer Coalition and the Cancer Program actively supported over the last five years.

- Bill 206-32 related to increasing the current tax rate on smokeless tobacco; bill passed and is now Public Law 30-80 (2013-14).
- Bill 384-32 to prohibit the sale of tobacco products to retailers or consumers through multi-pack discounts, and to prohibit the sale or distribution of tobacco products without charge or for less than the listed or non-discounted price; bill passed and is now Public Law 32-132. (2014).
- Bill 264-32 to prohibit the sale or distribution of electronic cigarettes to minors; bill passed and is Public Law 32-160 (2014).
- Bill 406-32 to expand authorized programming that may fund cancer education and outreach programs through the Guam Cancer Trust Fund; bill passed and is now Public Law 32-216 (2014).
- Bill 143-33 to expand the Natasha Protection Act of 2005 which included expanded smoking regulations, increased tobacco enforcement, and expanded tobacco enforcement training; bill passed and is now Public Law 33-121 (2014).
- Bill 359-32 to allocate \$1.0 million from local funding to fight non-communicable diseases on Guam. The Bill proposed allocating funds for the NCD Consortium to develop programming for Medicaid participants (\$700,000) and to develop physical activity programming for youth (\$300,000). The bill passed and is now Public Law 32-179 (2015).

- Bill 141-33 was vetoed, but was re-introduced as Bill 9-34. Both bills sought to clarify the definition of e-cigarettes, raise the minimum age for purchasing tobacco products and e-cigarettes from 18 to 21 years old. The bill passed into Public Law 34-1 and was cited the “Youth Protection Act of 2015” (2016-17).



**Strategic Objective:****Action Team (Objective)**

Produce a report on Cancer Survival Rates for Guam.

Data and Research (5.1)

The Coalition's Data and Research Action Team sought to produce a report that would detail cancer survival rates on Guam and would include Guam-specific data analysis of various demographic characteristics (gender, ethnicity, age, and village of residence at diagnosis) drawn from cancer case and mortality data from the Guam Cancer Registry. A Guam-specific report of this nature, containing this particular data, had never been done before. The final report was intended to provide the Cancer Program, the Cancer Coalition, and other cancer prevention partners (healthcare providers, researchers, policy makers) unique insights into the burden and impact of cancer on Guam.

The Cancer Program and the Data and Research Action Team contracted a professor from the University of Guam to complete the analysis and produce the report. The Data and Research Action Team worked with the professor throughout the process as he worked on developing the report, and provided him written and verbal feedback throughout the process. The final report, entitled "Lung Cancer Survival and Mortality Analyses of Guam Cancer Registry Data, 2000-2009" was submitted in January, 2015. One of the important findings from the report, was that data suggests that cancer mortality rates on Guam are high due to diagnoses frequently occurring in the later stages of their disease.

The process to complete the report was complex and ambitious. Despite encountering challenges with some of the data it was important that the study be completed and it is hoped that the findings lead to future research related to cancer rates on Guam. The Cancer Program and the Data and Research Action Team have worked to simplify some of the findings so that they can be used to inform future cancer prevention efforts on Guam.



**Strategic Objective:****Action Team (Objective)**

Produce a report on the Economic Costs of Cancer for Guam.

Data and Research (5.2)

The Data and Research Action Team sought to produce a report that would explore the economic costs associated with cancer on Guam. The analysis was based on Medicaid-MIP Data from 2007 to 2011. A Guam-specific report of this nature, containing this particular data, had never been done before on Guam. The report was intended to provide the Cancer Program, the Cancer Coalition, and others involved in cancer prevention (healthcare providers, researchers, policy makers) unique insights into the financial burdens and financial impacts of cancer on Guam.

The Cancer Program and the Data and Research Action Team contracted a local consultant to complete the analysis and produce the report. The Data and Research Action Team worked with the doctor throughout the process as he worked on the report, and provided feedback throughout the process. The final report was entitled “A Pilot Study on the Medical Costs Analysis of the Ten Leading Cancers by Organ Site in Guam USA: Findings from the Medicaid-MIP Data, 2007-2011.”

Similarly to the Cancer Survival Rates report, the process to complete this report was also complex and ambitious. Despite encountering challenges with some of the data it was important that the study be completed and it is hoped that the findings lead to future research related to cancer rates on Guam. The Cancer Program and the Data and Research Action Team believe that the findings could help to leverage support for future cancer prevention activities on Guam.

**Strategic Objective:****Action Team (Objective)**

Produce an updated Guam Facts & Figures Report incorporating data from 2008-2012.

Data and Research (5.3)

The Data and Research Action Team sought to produce a report that contained updated data regarding cancer on Guam. The goal of the report was to present the most up to date data in a user-friendly manner, so that it could easily be used by the Cancer Program and the Cancer Coalition during strategic planning, as well as access by others in the community who would benefit from the data, such as healthcare providers, researchers, and policy makers. This report was intended to be a follow-up to a report that was first published in 2009, which contained cancer-related data from 1998-2002 and 2003-2007.

The Cancer Program and the Data and Research Action Team contracted with Dr. Annette David and Ms. Angelina Mummert to complete the analysis and produce the report. The Data and Research Action Team assisted Dr. David and Ms. Mummert throughout the process as they worked on the report, and provided written and verbal feedback throughout the process. The final report, entitled “Guam Cancer Facts & Figures 2008-2012” was completed and delivered on time in April, 2015.

Since the completion of the report, it has been shared widely, made available on the Cancer Coalition’s social media pages, used to aid strategic planning, and has been printed into a full-color booklet. The Cancer Program and the Coalition have used data from the report to inform presentations and cancer prevention activities since it was published. In August, 2016 an infographic highlighting some of the most salient results from the report was published, and was made available on the Cancer Coalition’s social media pages and platforms.



## **GUAM COMPREHENSIVE CANCER CONTROL PROGRAM**

The Guam Comprehensive Cancer Control Program (Cancer Program) has a very large footprint within the Guam DPHSS. Despite having been comprised of 2 to 3 full-time staff at any given time over the last five years, they are highly visible throughout the department when it comes to activities aimed at cancer prevention, and other chronic diseases. The Cancer Program is staffed full-time by a Program Coordinator IV, a Public Information Officer, and an Administrative Assistant, and at times the program has had interns and other types of staff support. Since 2013, a great amount of responsibility has fallen to Cancer Program staff, both regarding their own program but also within the DPHSS.

While Cancer Program staff have responsibilities managing routine outreach and cancer education activities for the Cancer Program, they also are responsible for managing, organizing, and supporting the Cancer Coalition. This includes day-to-day and financial management, oversight and management of meetings and activities, recruitment, reporting, and planning. They are also actively involved with and participates in the Non-Communicable Disease Consortium. They are involved in implementing and organizing the Government of Guam's Worksite Wellness Program, they partner with other programs and offices at DPHSS to implement meetings and educational events, and they lend their expertise to other programs to develop press releases and event announcements. Over the last five years, the Cancer Program has contributed greatly to numerous projects and DPHSS programs.

While it would be difficult to enumerate each and every single accomplishment, the following section attempts to convey the major successes and accomplishments that the Cancer Program has experienced over the last five years. The preceding section of this report conveyed some of the successes of the Cancer Program as it related to working with the Cancer Coalition to carry out the Strategic Plan; this section aims to describe the responsibilities and accomplishments of the Cancer Program since 2013 that may not have been directly related to the work of the Cancer Coalition, but nonetheless was aimed at cancer prevention, chronic disease prevention, or promoted the goals of Guam DPHSS. The following findings are intended to describe the positive impact that the Cancer Program has had over the last five years to prevent cancer and positively impact public health on Guam

### *Program Management and Routine Responsibilities*

As with any government program, the Cancer Program is responsible for routine program management tasks and responsibilities: weekly, monthly, and annual reports that must be submitted internally to BCHS and DPHSS management, and externally to the CDC. Staff are tasked with writing and disseminating Cancer Coalition Action Team minutes, responsible for attending internal BCHS and DPHSS meetings, as well as taking regular calls with external funders and program support staff. They must routinely submit applications for grants as well as monitor and manage existing program, media, and evaluation plans. They are responsible for financial management and occasionally managing contracts with outside entities as well (e.g. trainers, evaluation support, etc.). There are a great many routine program management tasks that the Cancer Program is responsible for, despite the small number of staff within the Cancer Program at DPHSS.

It should also be noted that the Cancer Program Coordinator has been tasked over the years with the responsibility of Acting as Health Services Administrator for BCHS. As the BCHS Health Services Administrator, more responsibilities were given to the Program Coordinator, including leading leadership meetings, added

responsibilities for organizing and managing the Non-Communicable Disease Consortium and its meetings, as well as responsibilities with grant writing, development and submission; and program management within the BCHS.

### *Trainings, Conferences, Partnerships, and Affiliations*

Since early 2013, Cancer Program staff have attended numerous in-person and online trainings. Trainings have been wide-ranging in nature and content, from strategic planning and grant management to best-practices in cancer prevention activities, program evaluation, and health communication. Trainings have varied in their scope as well, some presenting information on a global or national scale, while others have been specifically geared towards Guam and the Pacific Island region.

Despite Guam's isolated location, Cancer Program staff have done well to stay in-tune and abreast of what other cancer prevention partners are doing and what cancer prevention experts are promoting. The Cancer Program has actively participated in several councils and had affiliations with organizations with a cancer-related focus. Through these partnerships and affiliations, Cancer Program staff have had opportunities to attend meetings, weigh in on strategic planning, and present their own work and successes to partners. Affiliation and participation in these groups provide additional ways for the Cancer Program to stay informed as to what is happening in cancer prevention at regional, national and global levels. Periodically, Cancer Program staff have had opportunities to attend other local, regional, or national conferences and trainings that also presented as networking opportunities with other cancer prevention organizations and programs. Some notable trainings, conferences, and affiliations that staff attended or have been associated with over the last five years include:

- National Cancer Institute's Research to Reality Cyber Seminar- Health Rankings Assessment: Tools of the Trade; webinar (Online 2013).
- National Breast and Cervical Cancer Early Detection Program and the Colorectal Cancer Control Program Systems and Policy Change Training (Atlanta, GA 2013).
- 6th Micronesian Medical Symposium (Guam 2013).
- 5th Pacific NCD Forum: Political Commitment to Resilient Action (Auckland, New Zealand 2013).
- Cancer Council Pacific Islands Training and Meeting; (Honolulu, HI 2013, 2014, 2015, 2016).
- Advocacy Campaign Training hosted by the American Cancer Society Cancer Action Network (Guam 2014).
- The World Health Organization's Strategic Health Communications Workshop (Guam 2014).
- American Evaluation Association Summer Institute (Atlanta, GA 2014, 2015, 2016).
- The 66th Session of the WHO Regional Committee for the Western Pacific (Guam 2015).
- Healthy Island Healthy People Conference (Guam 2015).
- The Guam Medical Association Health Conference (Guam 2016).
- World Health Organization Regional Office for the Western Pacific's National Health Promotion Leadership (ProLead) Workshop (helped to coordinate and participated) (Guam 2016).
- National Comprehensive Cancer Control Program Directors Conference Call (2013, 2014, 2015, 2017).
- CDC Pacific Island Team (calls and meetings 2013, 2014)
- Quarterly Pacific CCC Program Coordinators' Conference Call (2014).
- The White House's Asian Pacific Islanders Health Forum Initiative (Guam 2014).
- American Cancer Society's Annual Meeting (Guam, 2014).
- USAPI Quarterly CCC Program Conference Call (2015)
- National Association of Chronic Disease Director's Cancer Council Leadership Meetings (Atlanta, GA 2016).
- Evaluation e-Learning Webinar Series (Online, 2015, 2016).

Cancer Program staff has been highly visible through their work engaging in cancer-related education events, conferences, radio shows, public hearings and coalition meetings. The Cancer Program has been asked to present at several national conferences and trainings, and share their knowledge and insights with other people and organizations from around the world. Examples include:

- In 2013, the Cancer Program conducted a presentation on cervical cancer screening and participated on a cervical cancer experts panel in Washington, DC. This meeting provided an opportunity for the Cancer Program to present on successes and challenges regarding cervical cancer screenings and treatment capacities, and discuss Guam’s needs in these areas.
- In 2014, the Cancer Program prepared an oral and video presentation at the National Comprehensive Cancer Control Business Meeting in Atlanta, Georgia. The presentations highlighted the collaborative processes across sectors aimed at preventing cancer and other non-communicable diseases on Guam. The Cancer Program also assisted with presenting a poster at the conference highlighting the successes of targeting childhood obesity on Guam; the poster won the 2014 National Comprehensive Cancer Control Business Meeting Best Poster Award.
- In 2015, the Cancer Program provided input and helped to coordinate a professional development webinar session for the Cancer Council of the Pacific Islands and the National Association of Chronic Diseases Director’s Cancer Council. The webinar was specifically focused on USAPI and their populations, and included discussion on resource limitations, unique challenges and health disparities, current prevention and health promotion activities, and regional cancer prevention success stories for Guam and other USAPI.

Over the last five years, the Cancer Program partnered and engaged with numerous other DPHSS programs, Guam-based organizations, and other governmental and non-governmental organizations. Due to the interconnected nature of public health, chronic disease programming, and healthcare services, it would be difficult to list all of the partnerships and collaborations that the Cancer Program has engaged in with local, Guam-based programs and organizations. The Cancer Program, in association with the Cancer Coalition, has worked with hundreds of organizations and stakeholders on Guam and has included hospitals, healthcare providers, insurance providers, public health programs, educational administrators and teachers, non-profit and advocacy organizations, politicians, universities, cancer survivors, and researchers. The Cancer Program has worked with off-island organizations and agencies in various capacities as well. Partnerships with off-island organizations have included:

- World Health Organization (WHO)
- Centers for Disease Control and Prevention (CDC)
- Secretariat of the Pacific Community (SPC)
- Pacific Islands Health Officers’ Association (PIHOA)
- Association of State and Territorial Health Officials (ASTHO)
- American Cancer Society Cancer Action Network (ACS CAN)
- University of Hawaii John A. Burns School Of Medicine

## *Guam Cancer Program Responsibilities*

The Cancer Program has several major on-going and re-occurring responsibilities that includes supporting the Guam Cancer Coalition; and implementing its work plan that outlines priority cancer prevention and control strategies and activities. This includes conducting educational outreach in the community, participating in public health and cancer prevention events in the community, participating in the NCD Consortium activities, participating and sustaining other DPHSS projects, assisting with management and implementation of the DPHSS Worksite Wellness Program, and supporting DPHSS' efforts to support the annual Relay for Life. Below is a description of the Cancer Program's participation and successes in each of these areas over the last five years.

### Guam Comprehensive Cancer Control Coalition

Cancer Program staff spend a great amount of time and energy managing and overseeing the work of the Cancer Coalition. While Coalition leadership and Coalition Steering Committee members help guide the work of the Coalition, the Cancer Program staff are essential to the day-to-day management of the Coalition, meetings, and work of the Coalition. The Coalition is comprised of a Steering Committee, five Action Teams that each have a distinct focus (Prevention, Screening, Early Detection and Treatment, Survivorship and Quality of Life, and Data and Research, and Policy and Advocacy), each of which meets on a regular basis. As of this writing, there are about 85 individuals on the Coalition's roster; at times the roster has exceeded 100 individuals. Cancer Program staff are responsible for meeting reporting requirements for the Coalition, managing finances, ensuring grant requirements are met, and managing contracts with outside vendors as necessary (e.g. evaluation services, printing materials, trainers, etc.).

Cancer Program staff were involved in organizing and scheduling all Coalition and Action Team meetings, taking minutes, ensuring Coalition leadership has been installed in each of the Action Teams, communicating with coalition members, recruiting coalition members, assisting with follow-up and action items when necessary, and helping the coalition to put their planning into action. Cancer Program staff takes a leadership role in planning and managing conferences and events, including advertising and promotion, coordinating logistics, purchasing supplies, identifying speakers and presenters, managing registration and attendance, setting the agenda or schedule, and facilitating or participating in the event itself. The Cancer Program also acts as subject-matter experts that help to ensure the strategic direction of the Coalition is in alignment with other comprehensive cancer control, and national and international public health programs. Cancer Program staff publish and share a quarterly newsletter that highlights the recent successes and updates about the program, the Cancer Coalition and its partners.

Over the course of the last five years, there have been countless achievements for the Cancer Program and the Cancer Coalition, many of which were described in the above section of this report. Given the collaborative nature of the Cancer Program and the Cancer Coalition, it is difficult to attribute accomplishments and successes to either the Cancer Program or the Cancer Coalition. Below is a list of some of the major accomplishments, and major events or activities that the Cancer Program and the Cancer Coalition completed over the last five years that may not have already been mentioned in the above section.

Please note that the Cancer Coalition's Prevention Action Team works jointly with the NCD Physical Activity Team; for the purpose of this report, major accomplishments from their joint efforts that were primarily aimed at promoting physical activity rather than explicitly focusing on cancer prevention, are listed later in this report.

## 2013

- The Coalition revised and updated the strategic plan (“Guam Comprehensive Cancer Control Plan 2013– 2017”) setting the direction for the Coalition’s work for the next five years.
- More than 75 individuals attended the 2013 Annual Cancer Retreat. Attendees had the opportunity to learn about the latest cancer data, partake in revising the cancer plan and weigh in on setting priorities for the coming year.
- More than 100 individuals attended the Celebrate Life! Cancer Survivors’ Conference hosted by the Coalition’s Survivorship and Quality of Life Action Team. Healthcare and wellness topics were discussed, which were selected and designed specifically for an audience of cancer survivors and their family, caregivers and healthcare professionals.
- The Screening, Early Detection and Treatment, the Policy and Advocacy, and the Prevention Action Teams distributed materials and educated medical providers on the 2012 USPSTF Screening Guidelines. Promoting evidence screening guidelines was intended to ensure quality patient care, improve cancer screening rates, and ultimately help reduce the impact of cancer on Guam.

## 2014

- More than 100 cancer survivors, caregivers, and family members attended the “Celebrate Life!” Cancer Survivors Conference, hosted by the Survivorship and Quality of Life Action Team. Participants had opportunities to learn about innovations and challenges in cancer care, discuss life after a cancer diagnosis, participate in a session that addressed making time for body, mind, and spirit, or participate in a session on intimacy and communication.
- The Prevention, Data and Research, Screening Early Detection and Treatment, and Survivorship and Quality of Life Action Teams attended a Policy, Systems, and Environmental (PSE) Change Workshop that offered potentially new ways of thinking about and refining their team’s strategic objectives.
- The Cancer Coalition wrote two letters of support for bills up for debate in the Guam Legislature, including bills that proposed to eliminate multi-pack discounting schemes for tobacco products, and expanding authorized programming under the Guam Cancer Trust Fund. The Cancer Program educated members of the Cancer Coalition on the merits of the bills based on research and evidenced based information.
- More than 80 individuals attended the 2014 Annual Cancer Retreat and Awards Events. The purpose of the Retreat was to motivate and re-energize Coalition members, expand membership, provide data and coalition updates, and discuss strategic planning for future Coalition activities. Evaluation results revealed that participants found the event to be a valuable and positive experience. (See Appendix for a list of award winners and nominees.)
- The Cancer Program, in conjunction with the Cancer Coalition and several other partners, hosted a three-day “Palliative Care Training For Caregivers” event which provided lay persons with practical information and resources to assist them in their caregiving duties.
- The Screening, Early Detection, and Treatment Action Team continued to distribute materials and educate medical providers on the 2012 USPSTF screening guidelines throughout the year
- The Policy and Advocacy Action Team became involved in advocacy relating to numerous legislative bills throughout the year, including bills pertaining to the sale and distribution of electronic cigarettes to minors, establishment of tax parity for tobacco products, strengthening peer review at the Guam Memorial Hospital, the establishment of physical fitness standards and policies for public safety and law enforcement personnel, and the enactment of Public Law 32-179 which allocated \$1.0 million to support DPHSS programming aimed at reducing non-communicable diseases.

## 2015

- The Policy and Advocacy Action Team and Cancer Program met individually with nine Guam Senators to share information about the Cancer Coalition, the NCD Consortium, the Diabetes Coalition's specific goals and objectives, and legislative agenda, while also establishing or renewing relationships with each of the Senators. The Policy and Advocacy Action Team also held a separate Roundtable meeting with four Senators to inform them of the work being done by the different coalitions to address non-communicable diseases; more than 50 members of the NCD Consortium, Cancer Coalition, and Diabetes Coalition were also in attendance at the Roundtable.
  - The Cancer Coalition Steering Committee wrote a letter of support for a legislative bill designed to expand and strengthen the Natasha Protection Act (enhancement of tobacco use enforcement); a template letter was made available for Coalition members to use to submit their own letters of support. The Cancer Program educated members of the Cancer Coalition on the merits of the bill based on research and evidenced based information.
  - The Data and Research Action Team finalized and published the Guam Cancer Facts & Figures 2008-2012. Dr. Annette David, a member of the Data and Research Action Team and contributor to the report, first shared the document and its results at the NCD Consortium meeting in June. The report was used or referenced at various meetings and presentations throughout the rest of the year by GCCCP and Coalition members.
  - The Data and Research Action Team, in collaboration with outside consultants, completed two different reports concerning the burden and impact of cancer on Guam: "A Pilot Study on the Medical Costs Analysis of the Ten Leading Cancers by Organ Site in Guam USA: Findings from the Medicaid-MIP Data, 2007-2011" and "Lung Cancer Survival and Mortality Analyses of Guam Cancer Registry Data, 2000-2009."
  - The Survivorship and Quality of Life Action Team completed the production of the "Hope Project" video. The video shares the stories of individuals, families, and caregivers that have endured a cancer diagnosis. The video is meant to be uplifting and encouraging. The video was premiered at the 2015 Celebrate Life! Cancer Survivors Conference, shown at the monthly NCD Consortium meeting in June, and was also made available on YouTube and Cancer Program's social media platforms.
  - A total of 105 all cancer survivors, their families, and caregivers attended the 2015 Celebrate Life! Cancer Survivors Conference, hosted by the Survivorship and Quality of Life Action Team. Topics covered at the conference related to cancer survivorship and improved/sustained quality of life. A total of 16 local healthcare organizations, cancer organizations, and insurers had table top displays at the event. The "Hope Project" video was also shown at the event. Conference attendees had positive feedback about the event.
  - A total of 108 individuals, including 16 coalition members and 92 medical and allied health professionals, clinic staff, students, and community members attended the 2015 Cancer Education Conference. The Screening, Early Detection, and Treatment Action Team assisted in hosting the conference. Conference speakers addressed cervical cancer and HPV vaccination, breast cancer, and best-practices in management of breast and cervical cancer. Continuing education hours were offered, and participants had positive feedback about the conference.
  - The Coalition, along with several partners, hosted the two-part 2015 Palliative Care Conference. There were 90 attendees at Session 1 in November and over 100 attendees at Session 2 in December. Session 1 topics included definitions of palliative care, the role of palliative care for patients with cancer and other diseases, and effective communication techniques with patients and families in palliative care; a four-person panel comprised of healthcare providers also shared their experiences around end-of-life communication. Session 2 topics included planning for palliative care, community resources, and caring for individuals in palliative care. Continuing education credits were offered at both sessions.
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- The Survivorship and Quality of Life Action Team completed its updates and revisions to the Guam Cancer Passport Guide and began sharing it with the community. The Passport is a resource guide for newly diagnosed cancer patients and their families.

## 2016

- The Cancer Program and Coalition continued to promote the “Hope Project” video throughout the year: press releases were issued, it was uploaded to the Coalition’s Facebook page, the video was shared with select healthcare providers, and the video was promoted and discussed by Cancer Program staff and Coalition members during an in-studio TV interview for the KUAM Healthy Living Segment. The video aired on PBS Guam Channel 12 twice during January, and on KUAM Channels 2, 8, 11, and 17 throughout the month of May. The video was promoted on KPRG-FM in June.
- The 2016 Annual Cancer Retreat had more than 150 participants, including Coalition members, NCD Consortium members, representatives from American Samoa, the Commonwealth of the Northern Marianas, the Federated States of Micronesia, the Marshall Islands, Palau, and leadership teams from the World Health Organization, Centers for Disease Control and Prevention, Pacific Islands Health Officers Association, and the Secretariat of the Pacific Community. Event attendees were presented with current cancer data, Action Team successes, and Coalition highlights from 2015. The Retreat also provided an opportunity to conduct strategic planning discussions around the implementation of activities for 2016.
- More than 100 cancer survivors, caregivers, and family members participated in the 4th Annual Celebrate Life! Cancer Survivors Conference, hosted by the Survivorship and Quality of Life Action Team. The conference provided educational opportunities and interactive sessions for attendees living with, through, and beyond a cancer diagnosis. Numerous cancer-related service providers were exhibitors at the conference. Overall, participants’ feedback was positive. Additionally, this is the first conference that the Cancer Program utilized Facebook Live as a means to broadcast conference plenary and breakout sessions in real time.
- The Data and Research Action Team finalized an updated a Cancer Fact Sheet in April and published a summative Guam Cancer Facts & Figures 2008-2012 Awareness Infographic Brochure in August. The brochure was shared with the Coalition, the NCD Consortium, DPHSS programs; it was also uploaded to the Coalition’s Facebook page.
- The Survivorship and Quality of Life Action Team and the Cancer Program distributed a total of 1,650 of the revised Guam Cancer Passport to 33 targeted healthcare organizations on Guam, including non-profits, cancer treatment facilities, primary care clinics, and cancer registry program. A digital copy of the Passport was shared with the George Washington Cancer Institute which featured it in their July/August GW National Newsletter.
- The Cancer Program promoted the Guam Cancer Care’s “Let’s Talk Cancer” radio talk through the Coalition’s membership list and social media accounts (Facebook, Instagram, Twitter). Guam Cancer Care is a member of the Coalition, and hosts a monthly radio show to discuss various topics related to cancer and cancer prevention on Guam.
- A total of 140 participants attended the Colorectal Cancer Education Conference, hosted by the Cancer Program and other numerous partners. The Conference was conducted in association with the “Colorectal Cancer Screening Rates of 80% by 2018” initiative. The objective of the conference was to increase knowledge and understanding of clinical prevention and control of colorectal cancer through presentations by healthcare professionals and cancer experts. Continuing education credits were offered, and feedback from attendees was positive.
- The Cancer Coalition worked together to submit letters of support for a legislative bill designed to raise the minimum age to purchase tobacco and e-cigarettes on Guam from 18 to 21 years old. The Cancer Program educated members of the Cancer Coalition on the merits of the bills based on research and evidenced based information.

- Screening, Early Detection, and Treatment Action Team and the Cancer Program began working with partners to develop a colorectal cancer screening toolkit for primary care providers. The design and implementation of the toolkit were associated with the “Colorectal Cancer Screening Rates of 80% by 2018” initiative, and its purpose is to help increase colorectal cancer screening rates on Guam.
- The Prevention Action Team began working on an initiative to increase HPV vaccination rates and started the process of developing a school-based pilot program with the input of Guam Department of Education school nurses and administration staff.

## 2017

- The 2017 Annual Cancer Retreat and Awards event was held in February. At the event, time was taken to engage in strategic planning activities for the next five-year program cycle, share updates on the progress and achievements of Action Teams, and provide current cancer data. Winners of the annual cancer awards were announced at the event. See Appendix for a list of award winners and nominees.
- The Cancer Program assisted the Guam Breast and Cervical Cancer Early Detection Program with the Cervical Cancer Conference. The focus of the conference was to enhance the knowledge and understanding of cervical cancer screening and treatment, and sexual health after cancer. Most of the 99 attendees were nurses, social workers, or other healthcare professionals.
- The Cancer Program hosted a strategic planning meeting in June 2017 where the Cancer Coalition finalized the revised Guam Cancer Control Plan 2018-2022 objectives; and identified strategies and activities that will be implemented within the 5 years to meet the objectives.
- The Cancer Program, Cancer Coalition, and partners supported Guam Health Providers Cancer Symposium, “You are the Key to Cancer Prevention” in June 2017. The objectives for the symposium were to identify HPV-associated cancers, their rates in Guam, and their impact on the Guam community; to recognize the current status of methods and practices of cervical cancer screening guidelines; to understand the connection between HPV and cervical cancer, and the role of HPV vaccination as an important strategy to prevent cervical cancer and other types of cancers caused by HPV; to report the results of the survey and key informant interviews of health providers in Guam; and to learn about several community resources that are available for those who don’t have access to cervical cancer screening and HPV vaccination. More than 100 health care professionals participated in the symposium.

## Educational Outreach

The Cancer Program conducted numerous outreach activities across Guam over the last five years, with the goal of raising awareness and educating individuals about cancer and cancer prevention. Based on a review of monthly program reports that reflect the time period from January, 2013 to March 2017, Cancer Program recorded 64 specific instances in which staff engaged in educational activities in the community on the topic of cancer and cancer prevention. Cancer Program staff attended a range of events, including health fairs, health screening events, conferences and other community events, and periodically made visits to schools to educate students.

In many instances, Cancer Program staff setup a table top display and sought to engage event attendees and share handouts and print materials. When possible, efforts were made to tailor materials and messaging for event and outreach attendees. There were instances when the Cancer Program shared their printed materials directly with event organizers, and while the Cancer Program staff may not have been in attendance, their materials were made available to event attendees. The Cancer Program was also involved in educational

outreach and promoting the use of the USPSTF screening guidelines specifically among healthcare professionals on Guam.

Based on a review of Cancer Program Monthly Reports, nearly 2,300 people received direct education from the Cancer Program, and over 7,000 cancer and cancer prevention materials and handouts have been given out since the start of 2013. The Cancer Program likely had a greater reach than what these figures indicate, as the figures do not reflect educational outreach that may have occurred in association with Coalition-specific or NCD Consortium activities, nor does it count the number of times that Cancer Program information may have been accessed online. Were those figures to be included the numbers of people educated about cancer, and the total number of shared materials would be higher. The table below presents five-year totals for the number of events that were attended, number of individuals educated, and the number of materials shared or disseminated.

Event	# of Events/Visits	# Individuals Educated	# Materials Disseminated/Shared
School	12	1278	220
Community Event	49	949	6784
Medical/Clinical Facility	4	70	NA
<b>Total</b>	<b>65</b>	<b>2297</b>	<b>7004</b>

#### Cancer Prevention and Public Health Activities and Events

Members of the DPHSS BCHS are frequently found in the community, attending meetings, hosting health fairs, collaborating with other BCHS programs, and promoting an array of public health issues. The Cancer Program is no exception. Cancer Program staff are very active in the community promoting and advocating for cancer prevention efforts, supporting other BCHS and DPHSS programs, attending community events, and supporting public health causes. The Cancer Program supported DPHSS and BCHS efforts to comprehensively address chronic and non-communicable diseases on Guam by supporting other public health programs and strategies.

The following list describes events and activities that the Cancer Program engaged in or attended over the last five years that may not have directly related to any on-going Cancer Program projects or collaborations, but nonetheless helped to advance the goals of the Cancer Program, BCHS, and DPHSS.

#### 2013

- Contributed to, and participated in Breast Cancer Awareness Month activities which included providing more than 50 educational materials (in both English and Tagalog) on mammograms, breast cancer, and colon cancer for the Breast Cancer Awareness Zumbathon; participating in the island-wide Get Your Pink On and Join The Fight Wave at the ITC Intersection; participating in the 12th Annual Strides for the Cure 2k/5k Run/Walk to raise funds for the Kids for the Cure Program; and in collaboration with the GBCCEDP participated in the Get Your Pink On and Join The Fight Health Fair to educate attendees about cancer prevention.
- Participated in the launching of the “Join the Fight Pledge” aimed at encouraging companies, organizations, and associations to take proactive steps in the fight against cancer by disseminating information on cancer screening and early detection programs; the pledge was also aimed at promoting patient advocacy and bridging gaps in cancer services on Guam.

- Represented BCHS and DPHSS by participating in the 2013 Guam KoKo Race Ekiden Relay/Half Marathon.
- Participated in the MagPro 2k/5k Walk/Run.
- Attended the Diabetes Awareness Month Proclamation Signing at the Governor's Office.
- Prepared testimony in support of Bill 206, a bill to increase the smokeless tobacco tax rate from \$14 to \$40 per pound; also developed a Letter of Support template for the Cancer Coalition members.
- Attended the Astumbo Middle School Career Day to give a brief presentation about the Cancer Program Public Information Officer's duties and responsibilities.

## 2014

- Attended the Cervical Cancer Awareness Month Proclamation Signing at the Governor's Office.
- In collaboration with the Tobacco Prevention and Control Program, coordinated the airing of cancer prevention commercials on a large scale projection at the Kick Butts Day Wave event at the ITC building intersection.
- Assisted in coordination of the Diabetes Alert Day health screening event resulting in over 180 free health screenings.
- Met with office staff of Senator Benjamin Cruz to discuss potential approaches for decreasing cervical cancer rates in Guam.
- Worked with various vendors to broadcast television, radio, and movie theater commercials during the month of June to promote breast, cervical and colorectal cancer screenings.
- Participated in the 13th Annual Strides for the Cure 2k/5k Run/Walk.
- Attended the Breastfeeding Awareness Month Proclamation Signing at the Governor's Office.
- Attended the Breastfeeding Awareness Campaign island-wide Wave Event at the ITC Intersection.
- Attended the Diabetes Awareness Month Proclamation Signing event at the Governor's Complex.
- Attended the proclamation signing for the National Hospice Palliative Care Month and National Family Caregiver Support Month at the Governor's Complex.
- Helped to promote a Women's Health Lecture featuring Dr. Chadwick Mills, Radiologist and Breast Imaging Specialist that was hosted by the American Cancer Society and Guam Regional Medical City.
- Contributed to and participated in Breast Cancer Awareness Month activities which included promoting Breast Cancer Awareness Month on the radio for an hour on K57 Newstalk; attending the Breast Cancer Awareness Month Proclamation Signing at the Governor's Office alongside cancer survivors, family members and caregivers; participating in the island-wide Get Your Pink On Wave at the ITC Intersection; hosting a table top display and providing logistical support at the Strides for Cure 2K/5K Run/Walk in support of Breast Cancer Awareness Month and the Kids 4 the Cure Program; and airing radio commercials from October to December promoting breast and cervical cancer screenings.

## 2015

- Participated in the 10th Annual Bank of Guam IFIT 5k Run/Walk to benefit Guam Cancer Care's community programs.
- Developed and finalized an advertisement to promote colorectal cancer screening.
- Attended the "It Is Time: A Dialogue on Cancer Screening and Prevention" town hall meeting at the Santa Rita Community Center hosted by Guam Cancer Care; presentations addressed methodology of screening and treatment possibilities for cervical and prostate cancer, and screening and prevention of oral cancers.

- Participated in the Kick Butts Day, Cigarette Butts Clean-up Project at Central DPHSS.
- Completed the National Comprehensive Cancer Control Program Survey on Policy, Systems, and Environmental Change.
- Attended the Proclamation Signing for the Guam No Tobacco Day.
- Participated in the presentation of a bill to expand the Natasha Protection Act and strengthen the enforcement of PL 30-63 and prohibition of smoking inside bars.
- Was interviewed by a writer for Joint Region Marianas about the Cancer Program, the Cancer Coalition, cancer prevention, and the importance of screening, early detection, and healthy lifestyles; the article, "In Focus: Cancer Awareness and Prevention" was featured on air and online for the entire month of September.
- Participated in a strategic planning meeting with BCHS and Bureau of Primary Care Services to discuss implementation of an HPV vaccination program and a colorectal cancer screening program.
- Provided logistical support during the Breastfeeding Health Fair at Micronesia Mall.
- Participated in the Imagine Guam Policy Team at the Governor's Office to discuss the development of a 50-year vision for Guam.
- Participated in the 5th Annual Run For Our Manelu 5K Run/Walk and had a table top display that included Cancer Program education materials.
- Attended the "Let's Make it Work" Breastfeeding Conference.
- Attended the "It Is Time: A Dialogue on Cancer Screening and Prevention" Town Hall meetings at the Dededo Community Center that was sponsored by Guam Cancer Care; the two-day event addressed cancer screening and prevention, and offered free health screenings.
- Attended in the Diabetes Awareness Month Proclamation Signing at the Governor's Complex.
- Participated in the Government of Guam MagPro 5K/2K Fun Run/Walk.
- Coordinated Breast Cancer Awareness Month Proclamation Signing event, and Mini-Health Fair and Worksite Wellness Event at the Micronesia Mall which entailed creating the agenda, securing vendors and venue, coordinating event activities, creating a press release and promoting the activities on two radio stations.
- Responsible for compiling the Breast Cancer Awareness Month calendar of events.
- Contributed to, and participated in several events and activities for Breast Cancer Awareness Month that included promoting and participating in the island-wide Get Your Pink On Wave at the ITC Intersection; promoting and participating in the Strides for Cure 2K/5K Run/Walk to support Breast Cancer Awareness Month and raise money for Kids for the Cure Program; promoting and coordinating the "Think Pink Social" event; and coordinating Zumba and Body Combat classes to help raise awareness about breast cancer.

## 2016

- Successfully secured funding from TakeCare for the Colorectal Cancer Education Conference.
- Presented at the University of Guam Health Science Programs' Family Night about the BCHS, the impacts of BCHS Programs, and expectations for prospective student interns.
- Attended the American Cancer Society Cancer Action Network 2016 Advocacy Day at the Guam Legislature.
- Participated on the Guam Medical Regional City's Institutional Review Board.
- Participated in a meeting with the Cancer Research Center to discuss the implementation of the Cervical Cancer Research Project at the University of Guam's U54 Partnerships.

- Completed a survey about Guam's successes in implementing Policy, Systems, and Environmental strategies for the George Washington Cancer Institute in Washington D.C. to aid in their initiative to develop a national website aimed at assisting CCC professionals, coalitions, and communities with improving health sectors across the cancer continuum through Policy, Systems, and Environmental strategies.
- Participated in a meet and greet with representatives from the Seattle Cancer Care Alliance, along with other Guam-based organizations and clinic; discussed potential collaborative opportunities.
- Met with the American Cancer Society to discuss potential policy changes on Guam and current legislation.
- Implemented strategies aimed at increasing DPHSS employee participation in the annual MagPRO 2K/ 5K Event, including: creating promotional flyers, participating in a planning committee, and developing a program to increase participation that resulted in more than 70 staff and family members attended the event.
- Participated in the Bank of Guam's IFIT 5K Run/Walk.
- Assisted with the promotion of the Breast Cancer Screening Campaign in conjunction with Breast Cancer Awareness Month by providing mini lunch bags and stress balls to the TakeCare Insurance/FHP Health Center that were used as incentives for completing a breast screening mammogram at the FHP Health Center.
- Contributed to, and participated in Breast Cancer Awareness Month activities which included assisting with the promotion of the Strides for the Cure 2K/5K Run/Walk and Get Your Pink On Wave; organizing a MixedFit class to help raise breast cancer awareness; participating in the Get Your Pink On Wave; and assisting in hosting a mini-health fair.

## 2017

- Promoted the Edward M. Calvo Cancer Foundation, Circle of Care Program which consists of free classes for cancer survivors, caregivers, and their family members.
- Assisted in planning the Women's Conference: Be Your Own Wonder Woman, including creating a save-the-date flyer, promoting the conference, and creating a draft agenda for the event.
- Participated in the Pay-Less Kick the Fat Community Health Fair and Fitness Expo.
- Responsible for coordinating numerous activities and events for Colorectal Cancer Awareness Month which included coordinating the Colorectal Cancer Awareness Month Proclamation Signing at the Governor's Office; creating, managing, and sharing the month's calendar of events; and promoting Colorectal Cancer Awareness Month activities through various means.

### *Participation and Sustained Coordination of Other Public Health Projects*

Much of the work within the BCHS at DPHSS is interconnected. While each program has their specific goals and objectives, working to prevent chronic or non-communicable disease often leads back to mitigating common, modifiable risk factors such as tobacco and alcohol use, changing eating habits, increasing exercise and physical activity, and completing routine check-ups or doctor visits. Cancer Program staff have therefore been tasked with additional responsibilities inside DPHSS that go beyond explicit cancer prevention work. The following projects and responsibilities reflect on-going Cancer Program commitments from the last five years.

### Non-Communicable Disease Consortium

The Cancer Program has been intimately involved in the operation and management of the Non-Communicable Disease (NCD) Consortium since 2013. Guam DPHSS manages the NCD Consortium, whose mission is to reduce the burden of non-communicable diseases on Guam. The scope of the NCD Consortium is broad, but the Cancer Program is rightly involved and regularly participated in the work of the NCD Consortium. Like most activities and projects the Cancer Program is involved with, they not only attend NCD Consortium meetings and NCD Action Team meetings, they have active roles in supporting and leading meetings, and are actively engaged in implementing NCD Consortium and NCD Action Teams projects.

Cancer Program staff routinely provided on-going support to the NCD Consortium, which meets on a monthly basis. Support included assisting with logistics and staffing at meetings, inviting guests and speakers, giving presentations and leading discussions, developing agendas, and assisting with advertising and promotion. Although the Cancer Program is not solely responsible for NCD Consortium meetings, Cancer Program staff has played an important role in ensuring the monthly meetings are successful.

The Cancer Program has also been intimately involved in two of the NCD Consortium's Action Teams. Since 2013, the Cancer program has been actively involved in the Physical Activity Team, the Policy and Advocacy Team, and the Communication/Media Plan Action Team. Not only has Cancer Program staff been in attendance at Action Team meetings regularly since 2013, but they have also led meetings, provided administrative support, and led specific efforts and initiatives that originated out of the Action Teams.

Below is a list of some of the initiatives and success that the Cancer Program has achieved through its work with the NCD Consortium over the last five years. As noted previously, the Cancer Coalition's Prevention Action Team works jointly with the NCD Physical Activity Team; therefore, many of the physical activity-related accomplishments listed below may also be interpreted as successes for the Coalition's Prevention Action Team.

- Organized and implemented a series of free Disc Golf Clinics on Guam that included participation by an off-island expert that was brought to Guam for the clinics (2013).
- Responsible for securing funding and installing a 5-course exercise station at the Paseo Stadium in Agana and the Northern Sports Complex in Dededo (2014).
- Involved in the implementation of the Healthy Kids 4 Life Program (School Sports Day) at Tamuning Elementary School, Machananao Elementary School, and Talofofo Elementary School; the program promoted the Cancer Prevention Curriculum developed by St Jude's Research Foundation and physical fitness and wellness activities to 4th graders (2014).
- The Cancer Program, in association with the Physical Activity Action Team, was involved in several park clean up and revitalization projects. In March of 2013, Cancer Program staff participated in the Liguán Park Clean Up and helped to promote it by going on Isla 63's The Buzz Radio Show. In May 2013, they participated in a park revitalization and clean-up at the Liguán Terrace Park in Dededo, and also participated in the "Friends of the Parks" Kaiser – Lost Parks Project clean-up in 2014.
- Helped implement the BASES Project (Be A Super Example Student) in association with the Guam Department of Education, the Guam Amateur Baseball Association, Guam Cancer Coalition Prevention Action Team, and the Tobacco Prevention and Control Program. The BASES Project, an afterschool program included two 4-week baseball/softball workshops, was piloted at the C.L. Taitano and Harry S. Truman Elementary Schools. The BASES Project promoted healthy lifestyle choices, and provided students with opportunities to learn about cancer, tobacco use, and obesity (2014).

- Facilitated the Guam Safe Cycling Initiative in partnership with the Guam Cycling Federation and I-Bike, resulting in 85 newly painted sharrows from Micronesia Mall to Arch Bishop Flores Loop and installation of new signs along roadways to alert drivers to share the road with cyclists (2014).
- Worked with the Guam Governor's Council on Physical Fitness and Sports to implement the TAFISA Certified Leadership Course in Sports for All Training. More than 50 local, regional, and international participants participated the leadership and communication training (2014).
- Partnered with I-Bike, the Guam Cycling Federation, and the Office of Minority Health to host the Guam NCD Bicycle Giveaway, which resulted in 30 community members receiving refurbished bicycles. The event also featured bicycle safety education and bicycle demonstration use activities (2014).
- Assisted with the implementation and promotion of the Healthy Island Healthy People Conference on Guam (2014).
- In partnership with Dr. Annette David, facilitated the Photovoice Training which is a community-based and policy-relevant methodology that uses photography to identify and document issues/opportunities of an environment to advocate for change (2015).
- With the support of the NCD Physical Activity Team, the Guam Legislature passed Bill 359-32 in 2014, which provided the NCD Consortium with \$1.0 million in funding, including \$300,000 specifically for the Physical Activity Team to be used for promoting physical activity programs on Guam. A portion of the funding was used to fund the Early Start, Fit For Life Program, a multi-component program primarily aimed at promoting physical activity among youth on Guam. Since early 2015, the Cancer Program has been leading discussions and the implementation of the program and all its components, along with the Guam Department of Education, Special Olympics Guam, and other partners.

### Worksite Wellness Program

Since 2013, Cancer Program staff have been assisting with the management of the Government of Guam's Worksite Wellness Program (WWP) for the Guam DPHSS. Their specific role in the WWP have varied over time, however, they have been consistently involved and active contributors to the management of the program. Cancer Program staff have assisted with routine program management functions, such as coordinating with vendors, managing invoices, ordering supplies, and coordinating events. They have helped implement Health Cluster screenings at mayor's offices and health fairs around the island; they have coordinated DPHSS WWP kickoff events and the annual WWP Re-Commitment Event. Cancer Program staff not only have been responsible for planning and coordinating implementation of many of these events, but they also participated in them.

The Cancer Program has an on-going responsibility for organizing monthly fitness class schedules for the WWP, and has been responsible for coordinating with physical fitness class instructors and preparing rooms for classes. Periodically, Cancer Program staff have been responsible for attending WWP trainings and meetings; in 2014 they helped contribute to the development of a new points system to incentive WWP participation. The Cancer Program has also actively promoted the WWP through various means: they have gone on the radio several times to discuss WWP special events, created flyers, given presentations at various locations, developed a Pop-Up Video Press Release in 2013, and helped to create a banner to advertise the program.

Not only does Cancer Program staff help to coordinate and participate in the implementation of WWP events and activities, but they lead by example by also participating in the fitness activities themselves. Although the WWP may not be directly related to cancer prevention, encouraging healthy lifestyles and physical fitness are

vital contributors to the prevention of chronic disease. By contributing to the successful implementation of the WWP, the Cancer Program may ultimately be helping to raise awareness on Guam about making healthy decisions, thereby potentially also reducing risks for developing some cancers.

### Relay for Life

Each year since 2013, the Cancer Program has participated in and helped to organize activities in preparation for the annual Relay For Life, an event sponsored by the American Cancer Society. In 2013, Cancer Program staff helped to lead and organize the DPHSS's fundraising efforts for the Relay for Life event, which amounted to \$2,188. As the leaders of the Planning Team, they also helped to coordinate DHPSS's participation in the event.

In 2016 Cancer Program staff again helped lead fundraising and organizational efforts at DPHSS, including attending planning meetings, selling t-shirts and luminaria bags, organizing the Purplicious Challenge. The Cancer Program helped arrange for DPHSS's participation in the Relay For Life and several lead-up events. In 2016 and 2017, DPHSS exceeded its fundraising goal by raising \$2,246 and \$3,371.22 respectively.



## **APPENDIX**

Notable recognitions for the Cancer Program, Cancer Program staff, Coalition members, and Cancer Program partners

- The 2016 MagPRO Governor's Recognition Awards: Cancer Program, Program Coordinator was awarded the 2016 Supervisor of the Year Award for Program Administration and was a Top Ten Finalist for the Merit Cup Excellence in Leadership Award.
- The 2015 MagPRO Governor's Recognition Awards: Cancer Program, Program Coordinator was awarded the 2015 Supervisor of the Year Award for Program Administration and was a Top Ten Finalist for the Merit Cup Excellence in Leadership Award.
- The 2014 MagPRO Governor's Recognition Awards: Guam Cancer Program won the Innovative Idea/Cost Savings Idea of the Year Award, and was nominated for Program of the Year, Photo of the Year, and National Recognition Award.
- The 2014 Guam Governor's Council on Physical Fitness and Sports: the Cancer Program was nominated for the Model Community Partnership Promoting Physical Activity Award.
- The 2014 Division of Cancer Prevention and Control Program Director's Business Meeting (Atlanta, GA): Cancer Program won the Best Poster Award.
- The 2014 C-Change Awards (Raleigh, NC): the Cancer Coalition was recognized with the 2014 CCC Pacific Island Jurisdiction Coalition Impact Award for successfully achieving evidence-based and measurable impacts through their work (Healthy Kids 4 Life Program and the BASES (Be A Super Example Student) Afterschool Program.
- The 2014 C-Change Awards (Raleigh, NC): Senator Dennis Rodriguez, an active member of the Guam Cancer Coalition, won the 2014 Exemplary CCC Leadership by an Elected Official Award for his legislative work to pass public laws that increased access to healthy food/drinks sold in vending machines and by vendors on government premises; restricting smoking in a motor vehicle when a child is present; and the banning of electronic cigarettes sales to minors.
- The 2013 KUAM CareForce Honors: Roselie V. Zabala, Health Services Administrator, Bureau of Community Health Services at DPHSS was acknowledged with the Health and Wellness Honor for her work and dedication in leading the fight against non-communicable diseases such as heart disease, cancer, stroke and diabetes.



Guam Comprehensive Cancer Control Coalition Awards Winners:

*2012 Remi H. Pangan Spirit of Life Award*

- Mr. Terry Cuabo

*2014 Remi H. Pangan Spirit of Life Award*

- Senator Dennis Rodriguez

*2016 Remi H. Pangan Spirit of Life Award*

- Ms. Catherine Rivera Castro

*The 2012 Spirit of Collaboration Awards*

- Using Data to Empower Communities to Address Cancer Disparities (University of Guam)
- Pacific CANCER Conference: “Combating Cancer through Research, Early Diagnosis and Treatment.” A community wide collaborative project. (Guam Medical Society)
- Palliative Care Curriculum for Guam (American Cancer Society, Guam Community College)
- Guam Cancer Care Services and Programs (Guam Cancer Care)

*The 2014 Spirit of Collaboration Awards*

- Comfort Pillows (American Cancer Society)
- BASES Afterschool Program (Guam Amateur Baseball Academy)
- Friends of the Park Project (Island Girl Power)
- Kids for the Cure Project (Guam Cancer Care)
- Creating Sound Policy Through Collaboration (NCD Tobacco Action Team)

*The 2016 Spirit of Collaboration Awards*

- Strengthening Tobacco-Control Policies on Guam (NCD Tobacco Action Team)
- “Let’s Talk Cancer” Radio Show (Guam Cancer Care)
- “Get Your Pink On” Campaign/Program (Guam Cancer Care)
- “It Is Time” Town Hall: A Dialogue in Cancer Screening and Prevention (Guam Cancer Care)
- Sports, Play, and Active Recreation for Kids (SPARK) Curriculum. (NCD Physical Activity Team)